

Music by Dennis Westphall

The Anger Song

Lyrics

Anger is a feeling
It rushes up **inside**
Anger is a feeling
It can catch you by **surprise**

CHORUS

We all feel **angry** sometimes
But acting mean is **not okay**
When we're feeling **angry**
We must **calm down** right away
Put your **hand on your tummy**
Say "Calm down"
Take a **deep breath**
Count out loud—1, 2, 3, 4

Anger stops us thinking
It makes us want to **act**
In ways that could **hurt** others
With our words or with our **hands**

CHORUS

It's important to remember
That our **anger** can cause **harm**
But our **anger** won't cause trouble
If we keep our **bodies calm**

CHORUS

Sign language illustrated
instructions on pages 2–3

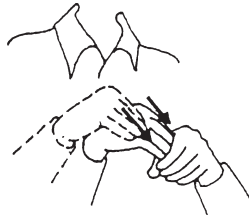
continued on page 3

Verse 1



angry

Claw shape RH tips on chest. Draw up and out in forceful manner.



inside

C shape LH palm right. Place tips of RH in left C twice.



surprise

Place index fingers and thumbs at edges of eyes. Snap open into L shapes.

Chorus



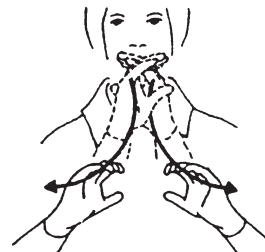
angry

Claw shape RH tips on chest. Draw up and out in forceful manner.



not okay

Strike chin with knuckles of Y shape RH.



calm down

C shape both hands, left palm right, right palm left. Cross at mouth then draw down and apart.

hand on your tummy

Place hand on tummy.

say "Calm down"

Say "Calm down" in time with song.

deep breath

Take a deep belly breath.

count out loud

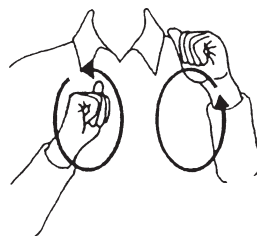
Count out loud in time with song.

Verse 2



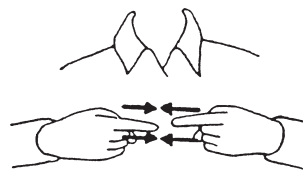
angry

Claw shape RH tips on chest. Draw up and out in forceful manner.



act

A shape both hands. Alternately move back in circles, brushing thumbs down chest.



hurt

One shape both hands, palms in, tips facing. Move back and forth toward one another. (Sometimes make with H handshapes.)



hand

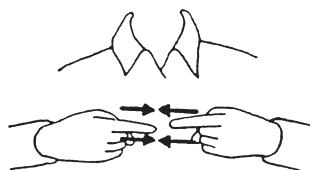
Open B both hands, left palm slanted right, tips out. Draw little finger side of RH across left wrist in slicing motion.

Verse 3



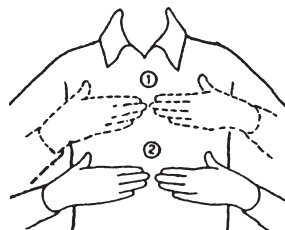
angry

Claw shape RH tips on chest. Draw up and out in forceful manner.



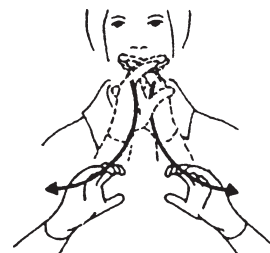
hurt

One shape both hands, palms in, tips facing. Move back and forth toward one another. (Sometimes make with H handshapes.)



body

Open B shape both hands, palms in, tips facing. Pat chest, then stomach.



calm

C shape both hands, left palm right, right palm left. Cross at mouth then draw down and apart.

The Anger Song

♩ = 130
Shuffle Blues



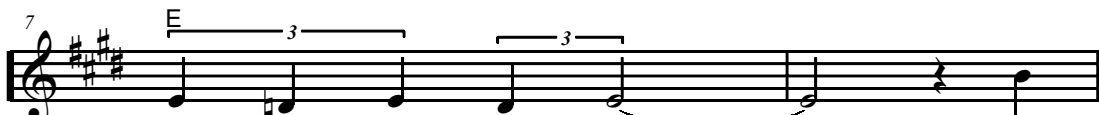
1. An - ger is a ____ feel - ing. ____ It
2. An - ger stops us ____ think - ing; ____ it
3. It's im - port - ant to re - mem - ber ____ that our



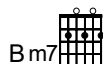
rush - es up in ____ side. ____
makes us want to ____ act ____ in
an - ger can cause ____ harm. ____ But our



An - ger that is a feel - - - ing. It can
ways that could hurt oth - - - ers with our
an - ger won't cause trou - - - ble if we



catch you by sur - prise. ____ We
words or with our hands. ____
keep our bod - y calm. ____



all feel an - gry some - times, ____ but



act - ing ____ mean is not o - kay. ____

The Anger Song (continued)

